



GET TOGETHERS

Bringing people together through food



Bees and insects

Bees and insects pollinate one third of our food, so without them there would be no strawberry jam, no pumpkins, no tomato ketchup, no grain to feed animals. Here are some ideas of things to cook and make using foods pollinated by bees and insects – you could make some of these recipes to share at a half term movie night, warming Halloween stew or share with neighbours or care home.

Cooking ideas using food pollinated by bees



1 Make our Cook and Share Bean and Lentil Chilli

This uses beans and tomatoes which are pollinated by bees. This hearty and affordable chilli would be perfect for a bonfire night party.



2 Go out on a walk and see if you can find blackberries, apples or other hedgerow fruits

These are also pollinated by bees. People often post on social media if they have a glut from an allotment or city garden. You can then make a fruit **crumble** or our fabulous Bumble recipe. If you can't find any fruit locally, frozen fruit is also perfect for this recipe, and often a cheaper option. This is also a great swap for a shop bought flapjack or cake treat.



3 Use smaller edible pumpkins or squash such as Crown Prince to make your Halloween displays or lanterns rather than the big ones grown just for bonfire night.

There is no waste and you can eat the delicious centres and even the seeds! If you do scrape out the insides these can be added to soups and stews and if you pile some pumpkins and squash in a window, then you can simply cut and roast them after Halloween. Pumpkins and squashes are also pollinated by clever bees.



4 Make your own popcorn snacks

Get hold of a popcorn maker or use a large pan with tight-fitting lid to pop your own corn – a bag of kernels costs around £1 and would make several bags of popped corn. Perfect for a movie night! Let people choose their own topping/flavouring such as cinnamon, honey or chilli (go easy on the sugar and salt!!) This is a simple **recipe**.



Sunday 16th October – Friday 18th November

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